

What's Happening in Grant County



PRESENTED BY:

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**GRANT COUNTY FISCAL COURT
CHAMPIONS FOR A DRUG FREE GRANT COUNTY
GRANT COUNTY COMMUNITY COLLABORATIVE
PATHS TO RECOVERY**

How much do you know?



**DO YOU THINK THAT MOST
STUDENTS IN GRANT COUNTY
USE ALCOHOL, TOBACCO,
AND/OR MARIJUANA
REGULARLY?**

...Truth is most students do not.



- 73% of students do NOT drink alcohol regularly.
- 71% of students do NOT smoke cigarettes regularly.
- 85% of students do NOT smoke marijuana regularly.
- Source: 2005 Pride Surveys in Grant County and Williamstown Schools.

But we are here for the others...



- 27% of students that do drink alcohol regularly
- 29% of students that do smoke cigarettes regularly.
- 15% of students that do smoke marijuana regularly.
- Source: 2005 Pride Surveys in Grant County and Williamstown Schools.

When it comes to teens and drugs



**“YOU WILL NEVER KNOW
EVERYTHING, BUT YOU DON’T
WANT YOUR KIDS TO THINK
YOU ARE AN IDIOT”**

SOURCE: JANICE STYER, MSW MEDICAL UNIVERSITY OF SOUTH
CAROLINA, ‘SLANG DICTIONARY’ AUGUST 07, 2007

Why is it important to
understand drugs?



**YOUNG BRAINS ARE
AFFECTED FOREVER FROM
ANY DRUG AND ALCOHOL
USE. PERIOD**

Brain and Pleasure



Brains are hard-wired to keep the species alive. therefore, the necessary elements for doing this: eating, reproducing, communal living, etc., are meant to feel pleasurable so that they will be repeated and the species will continue.

How drugs alter the Brain



Drugs interfere with the body's reward system by bypassing the natural course and going directly to the brain's reward pathway. There, they mimic the effects of the brain's neurotransmitters to falsely produce and prolong the pleasurable sensation and paving the way for addiction.

Why do some people become addicted while others do not?



No single factor can predict whether or not a person will become addicted to drugs. Risk for addiction is influenced by a person's biology, social environment, and age/stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction.

Risks of “Experimentation”

Drug and Alcohol abuse by teens is not something to be taken lightly.



- More teens are in treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.
- A 1998 study by the national institute on alcohol abuse and alcoholism says if a 15-year-old starts to drink, he or she has a 40% chance of alcoholism or dependence as an adult.
- Smoking Marijuana leads to changes in the brain that are similar to those caused by cocaine, heroin, or alcohol.

What can we do as a community?



- **VALUE EVERY CHILD AS YOUR OWN**
- **RECOGNIZE THE SIGNS OF RISKY BEHAVIORS AND ASK QUESTIONS OF THE YOUTH AND/OR THEIR PARENTS.**
- **KNOW AT LEAST ONE PLACE THAT THEY (PARENTS) CAN GET HELP FOR THEIR YOUTH OR FOR THEMSELVES.**
- **BE WILLING TO FACE THE HARD QUESTIONS AND REACTIONS TO ADDICTION.**

Broaching difficult subjects with a teen is never easy. Here are a few things to keep in mind:



- Its never too early to be concerned about risk taking. Kids are exposed to alcohol, drugs and sex much earlier than you think.
- Be pre-emptive. Address potentially difficult issues before they emerge as a real problem so the conversation doesn't have to be an argument or perceived as an accusation.
- It's not a single conversation, but an ongoing dialogue. Keep the lines of communication going and be on the lookout for opportunities to engage your teen and reinforce anti-drug messages.

What works with teens?

<http://www.theantidrug.com/advice/safeguarding-and-monitoring/conversation-tips/talking-about-risk-taking.aspx>



- The surest way to keep the dialogue going is to show that you respect and welcome your teen's opinions, thoughts and ideas.
- When it comes to setting rules, find a spot in the middle. Parents who are too harsh or too permissive have kids who are more likely to take risks.
- Set limits for protection and guidance, not for punishment or power. Young teens need more limits, but be flexible and renegotiate them as they mature.

What the Experts say



- There is no 'safe' level of alcohol or drug use when it comes to teens and young adults.
- As parents or caregivers, present a united front when possible, especially when it comes to issues regarding your teens safety and protection.
- If you disagree, try not to argue or discuss your conflict in front of your teen.
- Remember that your spouse/family have your child's best interests at heart, even if you disagree.

What the Experts say



- Don't send mixed messages by trying to 'bargain' with your teen about risky behaviors.
- Forget about being the 'Cool' parent.
- Make sure you model responsible behavior when it comes to alcohol.
- Know that in many states you are breaking the law if you provide alcohol to underage kids in your home.
- Monitor and address sources of risky behavior for teens in your community.

Set Rules for Free Time



- Did you know that teens are less likely to use drugs, alcohol, and tobacco if their parents set clear rules about such risky behaviors?
- According to recent research, when a young person decides whether or not to use drugs, a crucial consideration is: **what will my parents think?**

Keep Your Family Safe



- Teens spend less than 20% of their waking hours actually in school and, at home more households include single parents juggling the responsibilities of two people.
- Teens enjoy their free time, research shows that young people with unsupervised time are 3 times more likely to use marijuana or other drugs.
- Unsupervised teens are more likely to engage in risky behaviors such as underage drinking, sexual activity, and cigarette smoking than other teens.

Set rules.

Leave nothing unclear



- Don't make empty threats or let the rule breaker off the hook.
- Reprimands should involve mild, not severe, negative consequences.
- Set a curfew and enforce it strictly and be consistent.
- Have teens check in at regular times. 'When I call you, I expect a call or text back within 5 minutes.'

It Takes a Village to Raise A Child



Parents are the MOST Important Influence in a Child's Life



There is a growing body of research that shows that parents are central to preventing adolescent substance abuse. In fact, kids themselves say that losing their parents' trust and respect are the most important reasons not to use drugs.

As a parent, your actions do matter. When you suspect, or know, that your child has used drugs, take action to stop it as soon as you can. It may be the most important step you ever take.

Know what your child is saying...



- Have you ever heard your teenager reference the time “4:20?” Many parents don’t realize that 420 (pronounced “four-twenty”) is a “secret code” for a time to get high.
- If you hear your teenager reference 420, see that he is using the term while instant messaging with friends or has a 420 sticker on his car or backpack, call him on it

<http://www.whitehousedrugpolicy.gov/streetterms/>

What are Teens facing Grant County?



- Dextromethorphan =Over the Counter Cough Suppressants
- Skittles
- Red Devils
- Poor Mans X
- Triple C -Coricidin HBP Cough and Cold Vitamin D Robo Tussin
- Names for users & actions
- Syrup Heads -Abusers Candy
- Dexing -Robo Tripping –Chugging
- Special K = Methamphetamine
- Crank = The stimulant methamphetamine. Synonyms include meth, speed, chalk, white cross, fire, and glass."Crystal methamphetamine is called ice," says Cleveland Clinic's Pollock."Crystal meth is smoked, but meth can be injected, snorted, or taken as a pill," he explains.

What are Teens facing Grant County?



- X= Ecstasy
- Georgia Home Boy = GHB Illegal in most states
- Roofies = Rohypnol aka date rape drug
- Kibbles & Bits = ADHD med Ritalin
- Candy Flipping = This term refers to a high that's achieved by combining LSD (lysergic acid diethylamide) or acid with ecstasy. "The new thing, especially with kids on the Internet, is which drugs are best and safest to combine," explains Styer.

The Costs of Substance Abuse



- Federal, state and local governments spent \$467.7 billion on substance abuse
- Of the \$373.9 billion spent by federal and state governments: 95.6 percent (\$357.4 billion) to deal with the consequences and human wreckage of substance abuse and addiction
 - 1.9 percent went to prevention and treatment
 - 0.4 percent to research
 - 1.4 percent to taxation and regulation
 - 0.7 percent to interdiction
- Source: *Shoveling Up II: The Impact of Substance Abuse on Federal, State and Local Budgets*, The National Center on Addiction and Substance Abuse, Columbia University, May 28, 2009.

The Medicine Cabinet!



Dear Annie: My husband and I recently purchased a nanny cam. However, instead of catching our nanny doing something wrong, we viewed a trusted neighbor taking our prescription pain medication. He has a key to our house and just let himself in.

- What is the best way to handle this?
 - Annie's Mailbox (Kathy Mitchell, Marcy Sugar)
- December 3, 2008

Oxycodone

- > 868,000 prescriptions dispensed in KY in 2010
- Street names: OC, Oxies, Roxies, Oxycotton, Hillbilly Heroin, Blue
- Highly addictive opioid
- OxyContin ® long-acting version often crushed then snorted or injected

Adderall & Ritalin

- Highly addictive amphetamine based stimulants used to treat ADHD - 4% of college students on ADHD medication
- As many as 20% of college students have used Adderall and Ritalin to study, write papers and take exams
 - Most obtained from fellow students
 - During exams prices can reach as high as \$25 per pill

What is Kasper?



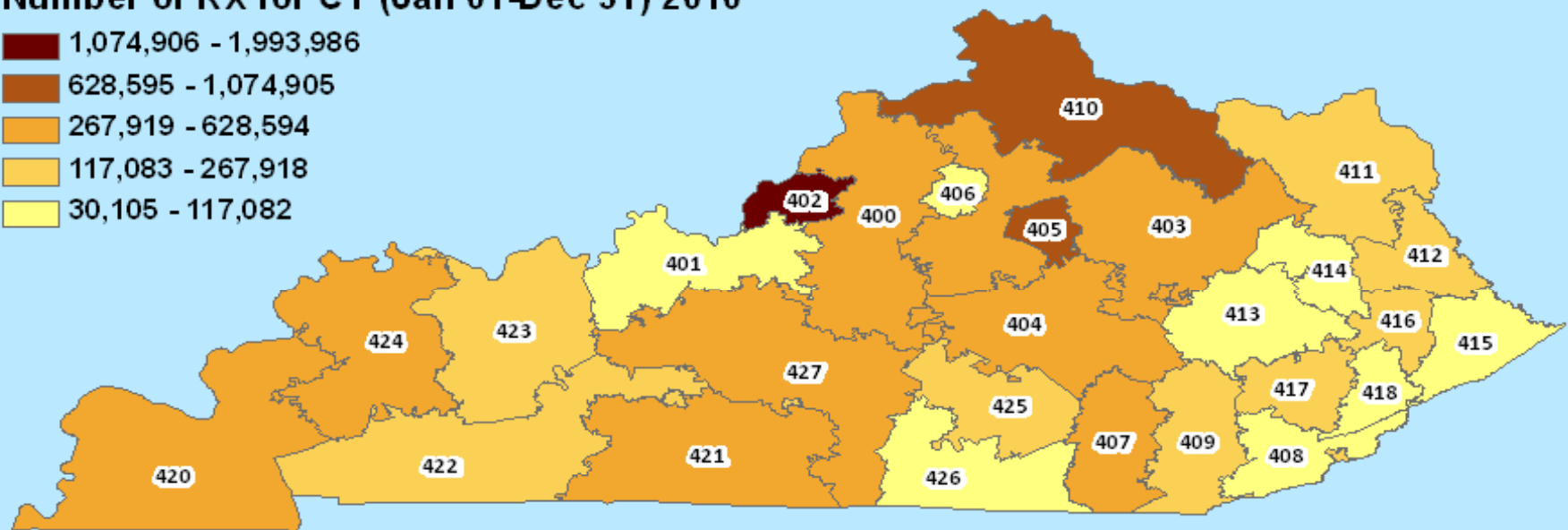
- Kasper is Kentucky's Prescription Monitoring Program (PMP) Kasper tracks schedule II – V controlled substance prescriptions dispensed within the state as reported by pharmacies and other dispensers.
- Kasper is a web accessed database that provides a tool to help address one of the largest threats to patient safety in the Commonwealth of Kentucky; the misuse, abuse and diversion of controlled pharmaceutical substances.

Controlled Substance Prescribing 2010

All Controlled Substances Prescriptions by Prescribers Address

Kentucky Three Digit Zip Code Areas

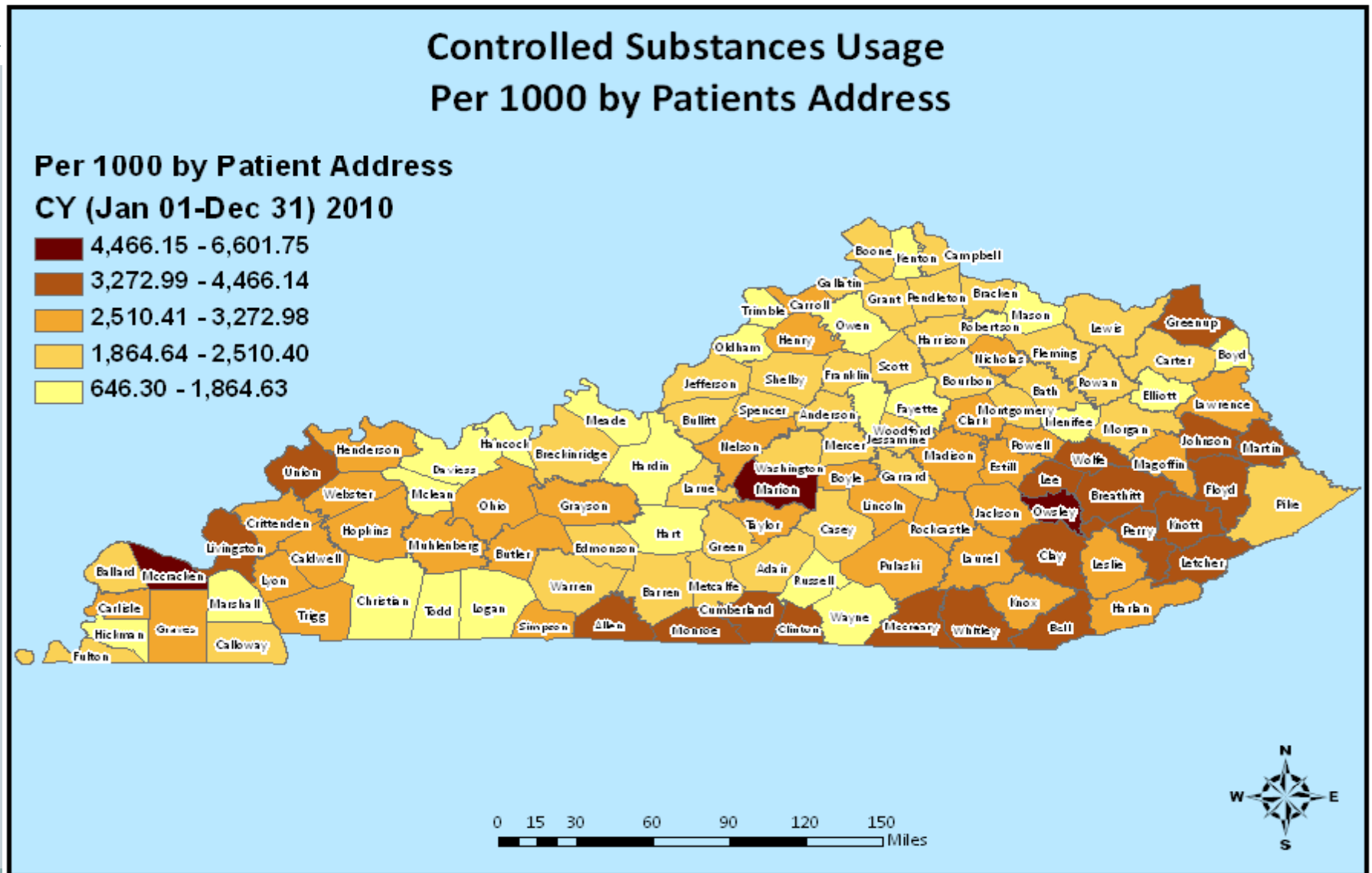
Number of RX for CY (Jan 01-Dec 31) 2010



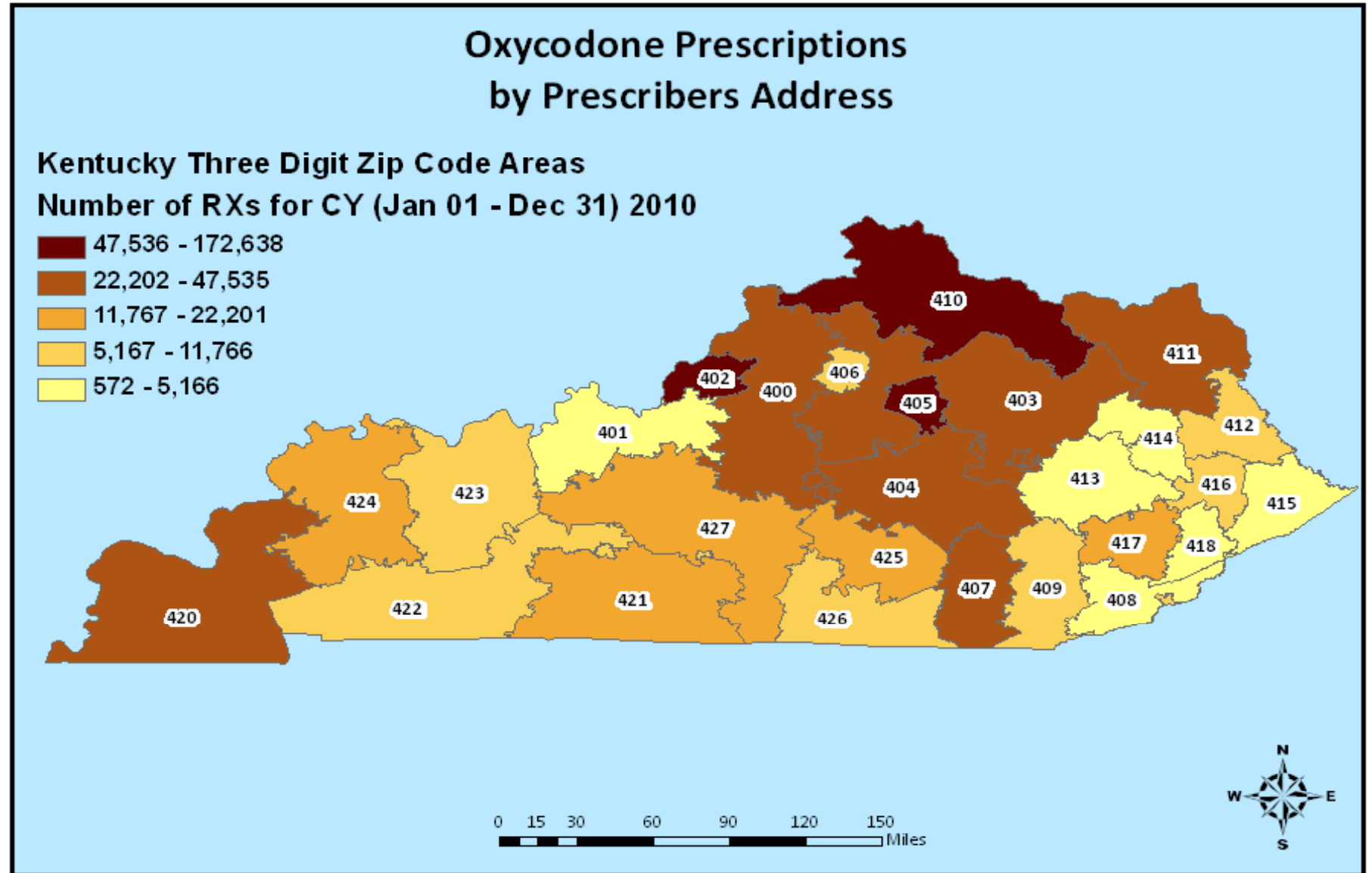
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Controlled Substance Usage 2010



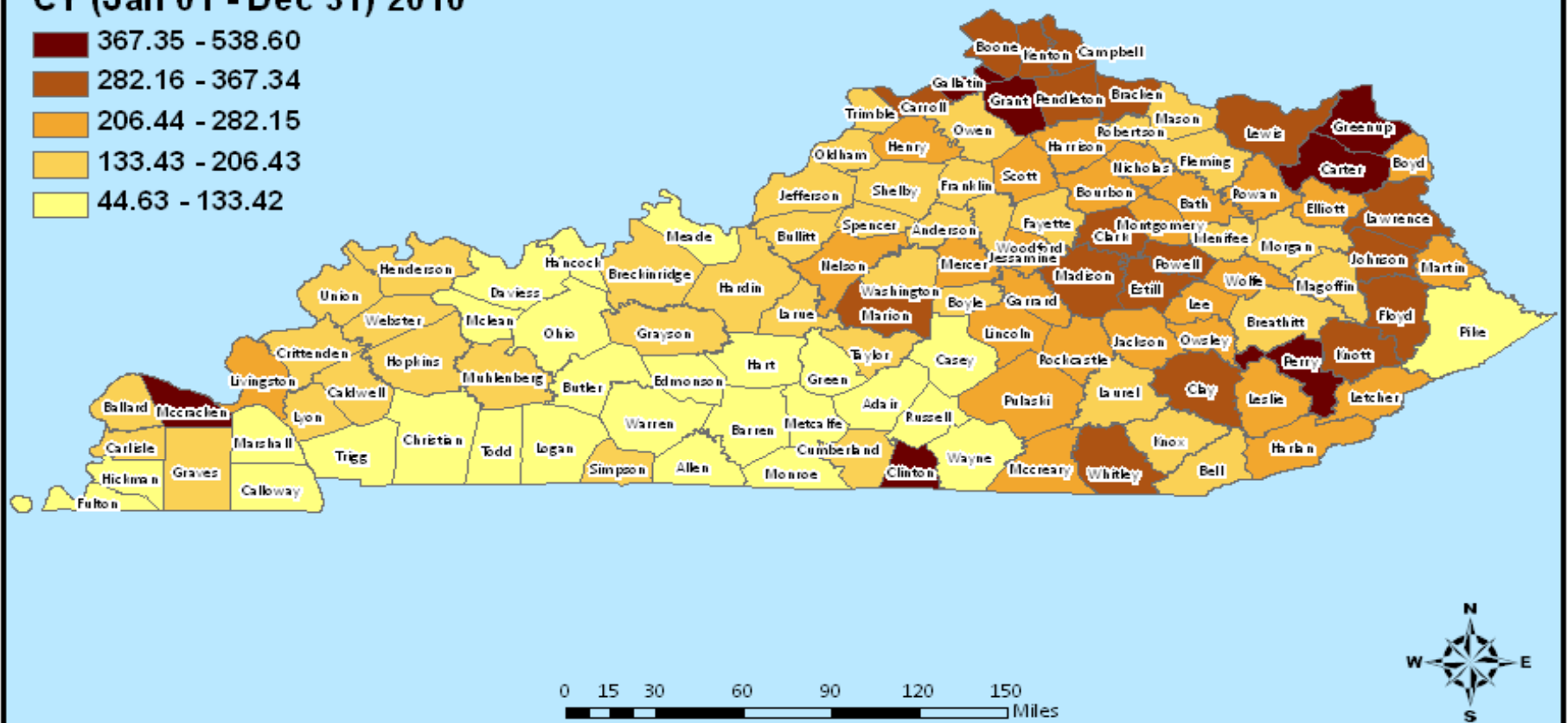
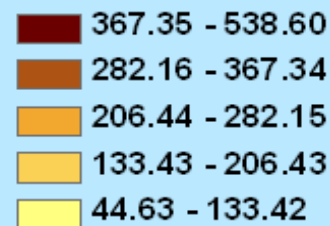
Oxycodone Prescribing 2010



Oxycodone Usage 2010

Oxycodone Prescriptions Per 1000 by Patients Address

Per 1000 by Patient Address
CY (Jan 01 - Dec 31) 2010



Sources for data:

<http://facesofdrugabuse.org/>
www.theantidrug.com



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2. Grant, b.F., And dawson, d.A. Age of onset of alcohol use and its association with dsm-iv alcohol abuse and dependence: results from the national longitudinal alcohol epidemiologic survey. Journal of substance abuse 9:103–110, 1997.
3. Trends in initiation of substance use. Based on the 2002 national survey on drug use and health. Samhsa, 2003.
4. Marijuana: facts parents need to know, revised, nida, november 1998
5. Marijuana: facts parents need to know, revised, nida, november 1998

Join our efforts!



- **Champions for a Drug-Free Grant County**
 - (859) 283-0952 -Camille Croweak, RPC Northkey
 - (859) 824-2874 -Rhonda Schlueter, GC Board of Ed
 - (859) 823-2345 –Vanessa Rose, Community Service

